

November, 2016



CHAMPIONS FOR A LIFETIME

Programs and Activities for Active Adults 55+

**NO PROGRAMS
November 11,
24 & 25, 2016**

| | | | |
|-----------|----------------|--|-------------------------------|
| Monday | 10 AM – 11 AM: | Chair Yoga | (Registration & Fee Required) |
| | 10 AM - 12 PM: | Bingo | |
| | 1 PM – 3 PM: | Stitch & Chat (Cross stitch, Crochet, Knit, etc.) Bring your own Material | |
| | 3 PM – 5 PM: | Card Games | |
| Tuesday | 9 AM – 11 AM: | Shuffleboard at Kehlor Park | (466 W. Minneola Ave.) |
| | 9 AM – 10 AM: | Fitness Walk at Waterfront Park | (Registration & Fee Required) |
| | 9 AM – 10 AM: | Tennis at Lake Felter Park | (Registration & Fee Required) |
| | 10 AM – 12 PM: | Dominoes | |
| | 10 AM - 11 AM: | Tai Chi | (Registration & Fee Required) |
| | 11 AM – 12 PM: | Zumba Gold | (Registration & Fee Required) |
| | 1 PM – 3 PM: | Book Worms | (Bring your own book) |
| | 3 PM – 5 PM: | Card Games | |
| Wednesday | 6 PM – 7 PM: | Zumba Gold | (Registration & Fee Required) |
| | 9 AM – 12 PM: | Craft (bring your materials and make your favorite Holiday craft) | |
| | 12 PM – 1 PM: | Free Lunch and Learn (2 nd & 4 th Wednesdays) <i>Topics: Eye Care By Dr. Gupta on Nov. 9th</i> | |
| | 1 PM – 3 PM: | Coupon Exchange & Shopping Ideas | |
| | 3 PM – 5 PM: | Chess | |
| Thursday | 9 AM – 10 AM: | Golf at Clerbrook Golf Resort | (Registration & Fee Required) |
| | 9 AM – 10 AM: | Fitness Walk at Waterfront Park | (Registration & Fee Required) |
| | 10 AM – 11 AM: | Tai Chi | (Registration & Fee Required) |
| | 11 AM – 12 PM: | Zumba Gold | (Registration & Fee Required) |
| | 1 PM – 3 PM: | Stitch & Chat (Cross Stitch, Crochet, Knit, etc.) Bring your own Material | |
| | 3 PM - 4 PM: | Speakers: 11/3-Charlie Grinker. 11/10-JSA Health Care, 11/17 - Charlie | |
| Friday | 9 AM – 11 AM: | Shuffleboard at Kehlor Park | (466 W. Minneola Ave.) |
| | 10 AM – 12 PM: | Dominoes | |
| | 1 PM – 3 PM: | Book Worms | (Bring your own book) |
| | 3 PM – 5 PM: | Card Games | |

FREE PROGRAMS & ACTIVITIES, EXCEPT WHERE REGISTRATION REQUIRED.

All activities located at the Clermont Arts & Recreation Center (3700 S. Hwy 27) unless noted above.

For more information on “Champions for a Lifetime” programs and activities, call 352-394-3500, email sramdass@clermontfl.org or visit our website www.ClermontFL.gov